

Peanut Butter (Chocolate) and Banana Baked Oatmeal by [The Oatmeal Artist](#)

Prep Time: 5 min Cook Time: 25 min

Ingredients (serves 1)

1/2 cup regular rolled oats

1/4 tsp baking powder

1/4 tsp cinnamon

pinch of salt

1 ripe banana

1/3 cup milk of choice

1 tbsp peanut butter (2 for extra indulgence!)

1/2 tsp vanilla extract

Handful Ghirardelli choc chips (to taste)

Instructions

1. Preheat oven to 350 degrees F. Spray a single-serving ramekin with nonstick cooking spray.
2. In a small bowl, mix oats, baking powder, cinnamon, and salt until combined.
3. In a medium-sized bowl, mix together banana, peanut butter, milk, and vanilla extract.
4. Add dry ingredients to wet ingredients and stir until combined.
5. If you'd like to add any extra ingredients (coconut oil, dried fruit, nuts, sunflower seeds), do so now.
6. Pour into the prepared ramekin. Bake for 18-22 minutes.

Nutrition Info (made with 1T Peanut Butter)

Calories – 401

Carbs – 68g

Fat – 12g

Protein – 12g

Potassium – 797mg

Sugars – 22g

Fiber – 10g

Sodium – 117mg

Cholesterol – 0mg

Calcium – 17%

Vitamin C – 22%

Vitamin A – 5%

Iron – 19%

(Cocoa powder adds 10 calories, 2 fiber, 80 potassium, .5 fat, 3 carbs, 1 protein, 2% iron)